

Praying during week commencing 20 September 2020

Leading in with the quotation below, practice a contemplative sit. You may wish to set a timer or digital prayer bell for 5, 10, or 20 minutes, so that you know when to finish.

Seat yourself in a quiet area. Once you are settled, read the passage aloud again:

“A mature Christian sees Christ in everything and everyone else.”

- Notice any tightness in your shoulders and neck and allow any tension in your muscles to relax.
- Allow your back to rest in an aligned, neutral position.
- Ground yourself and allow your breathing to settle. Then read the following aloud:

I am not trying to “achieve” anything. (Pause) There are no goals. (Pause) I am simply becoming aware of this moment. (Pause) Becoming aware of my presence in this moment. (Pause) As I notice any distractions, thoughts, judgments, decisions, ideas that cross my mind, I let them go for now (Pause), focusing instead on my moment-by-moment experience of being present to What Is. (Pause) God’s Presence. (Pause) The Larger Field. (Pause) In Christ. (Pause)

- Ring a prayer bell to indicate that the contemplative sit has begun. Spend 5, 10, or 20 minutes contemplating.

Adapted from Richard Rohr, [The Universal Christ: Companion Guide for Groups](#) (CAC Publishing: 2019), 23–24, 25, 172.

Our prayer sheet this week was prepared by Mrs Helle Sewell.

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SHARING IN PRAYER FOR OUR DISTRICT AND OUR WORLD

- ¹ I will exalt you, my God the King;
I will praise your name for ever and ever.
- ² Every day I will praise you
and extol your name for ever and ever.
- ³ Great is the LORD and most worthy of praise;
his greatness no one can fathom.

Psalm 145:1-3

This week as we pray for our circuits: we invite you to pray, as part of the year of prayer declared by the Conference, for existing prayer groups and new prayer groups seeking to start up.

<u>Day</u>	<u>For our District</u>	<u>For our Wider World</u>
Sun 20 Sept Matt 20:1-16	Stockton Circuit	Breakthrough by God in the life of the Methodist Church
Mon 21 Sept Matt 9:9-13	Castle Eden Circuit	Church at the margins
Tues 22 Sept Gen 1:1-13	Stokesley Circuit	Opportunities for digital church planting
Wed 23 Sept Gen 1:14-25	Cleveland & Danby Circuit	Myanmar migrants in Malaysia
Thurs 24 Sept Gen 1:26-31	Bishop Auckland & Shildon Circuit	Ecumenical spirit that unites us in prayer and action
Fri 25 Sept Gen 3:1-21	Durham & Deerness Valley Circuit	Humanitarian crises exacerbated by Covid-19 in Zimbabwe
Sat 26 Sept Gen 3:22-24	West Durham Circuit	Work of Asia Pacific Mission for migrants

Lectio divina during week beginning Sunday 20 September 2020

Exodus 16:2-15

²In the desert the whole community grumbled against Moses and Aaron. ³The Israelites said to them, “If only we had died by the LORD’s hand in Egypt! There we sat around pots of meat and ate all the food we wanted, but you have brought us out into this desert to starve this entire assembly to death.”

⁴Then the LORD said to Moses, “I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day. In this way I will test them and see whether they will follow my instructions. ⁵On the sixth day they are to prepare what they bring in, and that is to be twice as much as they gather on the other days.”

⁶So Moses and Aaron said to all the Israelites, “In the evening you will know that it was the LORD who brought you out of Egypt, ⁷and in the morning you will see the glory of the LORD, because he has heard your grumbling against him. Who are we, that you should grumble against us?” ⁸Moses also said, “You will know that it was the LORD when he gives you meat to eat in the evening and all the bread you want in the morning, because he has heard your grumbling against him. Who are we? You are not grumbling against us, but against the LORD.”

⁹Then Moses told Aaron, “Say to the entire Israelite community, ‘Come before the LORD, for he has heard your grumbling.’”

¹⁰While Aaron was speaking to the whole Israelite community, they looked toward the desert, and there was the glory of the LORD appearing in the cloud.

¹¹The LORD said to Moses, ¹²“I have heard the grumbling of the Israelites. Tell them, ‘At twilight you will eat meat, and in the morning, you will be filled with bread. Then you will know that I am the LORD your God.’”

¹³That evening quail came and covered the camp, and in the morning, there was a layer of dew around the camp. ¹⁴When the dew was gone, thin flakes like frost on the ground appeared on the desert floor. ¹⁵When the Israelites saw it, they said to each other, “What is it?” For they did not know what it was.

Moses said to them, “It is the bread the LORD has given you to eat.

LECTIO: READING

As you read the words again underline or highlight words which stand out for you. Notice and appreciate what is written.

MEDITATIO: MEDITATING

What does the passage mean for you today? [place yourself in the scene... Which words is Jesus speaking to you?

ORATIO: PRAYER

Respond sharing all you have noticed with God. Listen for God to respond to you.

CONTEMPLATIO: CONTEMPLATION

Be still before God. Invite God to be with you. Give time for the words you have read and the meaning you have found to suggest action in your own discipleship. Ask the Holy Spirit to show you what God wants you to see and how to respond.

Space to note what is important for you under the lectio divina headings

LECTIO: READING	MEDITATIO: MEDITATING
ORATIO: PRAYER	CONTEMPLATIO: CONTEMPLATION

Other Lectionary readings

[Psalm 105:1-6, 37-45](#); [Philippians 1:21-30](#); [Matthew 20:1-16](#)

There is a door to which you have the key, and you are the sole keeper.
There is a latch no hand can lift save yours. No ruler, nor warrior, writer, thinker:
But only you.
Oh heart, hurry now and welcome your King to sit by the warmth of your fire.